

# SOUTHWEST POOL

January 7 through March 31 2019



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Early Morning Lap Swim</b> 5:30-7:00am		<b>Early Morning Lap Swim</b> 5:30-7:00am		
						<b>Lap Swim 3 lanes</b> 9:30-10:30am
<b>Adult Swim 3 lanes</b> 11:00 - 12:30pm						<b>Group Lessons</b> 10:30-Noon No Spa & Sauna
<b>Group Lessons</b> 12:30-2:00pm No Spa & Sauna	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Lap Swim 3 lanes</b> Noon-1:00pm
	<b>Deep/Shallow Fusion</b> 1:30-2:15 pm	<b>Gentle Fitness</b> 1:30-2:15pm	<b>Deep/Shallow Fusion</b> 1:30-2:15pm	<b>Gentle Fitness</b> 1:30-2:15pm	<b>Deep/Shallow Fusion</b> 1:30-2:15pm	<b>Public Swim</b> 1:00-2:00pm
<b>Family Swim</b> 2:00-3:00pm	<b>Lessons</b> 2:30-3pm	<b>Lessons</b> 2:30-3pm	<b>Lessons</b> 2:30-3pm	<b>Lessons</b> 2:30-3pm	<b>Lessons</b> 2:30-3pm	
<b>Lessons</b> 3:00-4:00pm No Spa & Sauna	<b>Lap Swim &amp; Personal Lessons</b> 3:00-4:00pm	<b>Teen Lessons</b> 3:00-4:00pm	<b>Lap Swim &amp; Personal Lessons</b> 3:00-4:00pm	<b>Middle School OST Program</b> 3:00-4:00pm	<b>*Family &amp; Lap Swim</b> 3:00-4:00pm	<b>Women's Public Swim</b> 2:30-3:30pm (Females Age 12+)
<b>Public Swim</b> 4:00-5:00pm	<b>Group Lessons</b> 4:00-5:30pm No Spa & Sauna	<b>Lessons &amp; Comp Stroke</b> 4:00-5:00pm	<b>Group Lessons</b> 4:00-5:30pm No Spa & Sauna	<b>Lessons &amp; Comp Stroke</b> 4:00-5:00pm	<b>Personal Lessons</b> 4-4:30pm	<b>Women's only Group Lessons</b> 3:30-4:00pm
<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Lap Swim &amp; Masters Workout</b> 5:30-6:30pm	<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Lap Swim &amp; Masters Workout</b> 5:30-6:30pm	<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>*Public Swim</b> 4:30-5:30pm	
					<b>*Lap Swim Masters</b> 5:30-7:00pm	
	<b>Group Lessons</b> 6:30-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:00-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:30-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:00-7:30pm No Spa & Sauna		
	<b>Public Swim (shallow end only)</b> 7:30-8:30pm <b>Deep Water Ex</b> 7:30-8:15pm	<b>Public Swim</b> 7:30-8:30pm	<b>Public Swim (shallow end only)</b> 7:30-8:30pm <b>Deep Water Ex</b> 7:30-8:15pm	<b>Public Swim</b> 7:30-8:30pm	<b>Family Swim</b> 7:00-8:00pm	
		<b>Shallow WX</b> 8:30-9:15pm		<b>Shallow WX</b> 8:30-9:15pm	<b>*Pool closed 3-6pm</b> For a swim meet Jan 11 & 25	

Southwest Pool will be closed Jan 21 and Feb 18 for Holidays. Swim Meets –No programs 3:00– 6:00 on Fridays, Jan 11 and 25.

For more information go to [seattle.gov/parks](http://seattle.gov/parks) or call 206-684-7440

**SOUTHWEST POOL—Winter 2019**

# SOUTHWEST POOL



## SOUTHWEST POOL

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

[SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM](http://SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM)

### Winter HOURS OF OPERATION:

Monday & Wednesday	Noon-8:30pm
Tuesday & Thursday	Noon-9:30pm
Friday	Noon-8pm
Saturday	9:30-3:30pm
Sunday	11am-6pm

### Pool closed:

Monday Jan 21 & Feb 18

Closed for swim meets, 3-6pm Fridays: 1/11 and 1/25

## FEES

### RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$4.00
Adult (Ages 18-64)	\$6.00
Senior Adults (Ages 65+)	\$4.00
Special Populations	\$4.00

### FITNESS SWIM PRICES:

Adult Fitness	\$6.50
Youth/Senior/Special Populations	\$4.50

### OTHER FEES:

"Just a Shower"	\$6.00
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

### SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 2-3 weeks for approval)

Discount Recreation	\$2.25
Discount Fitness	\$3.50

## DISCOUNT QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. More than 10 can be loaded at same discount rate.

Recreational Swim Pass		30 day FAST Pass	
(Minimum 10 visits)		(Unlimited use for rec/fitness)	
Youth (Age 1-17)	\$36.50	Youth (Age 1-17)	\$45.00
Special Population	\$36.50	Special Population	\$45.00
Adult (Ages 18-64)	\$53.25	Adult (Ages 18-64)	\$65.00
Senior Adults (Ages 65+)	\$36.50	Senior Adults (Ages 65+)	\$45.00

### Fitness Swim Passes

(Minimum 10 visits)	
Youth (Age 1-17)	\$36.75
Special Population	\$36.75
Adult (Ages 18-64)	\$58.50
Senior Adults (Ages 65+)	\$36.75



## RECREATIONAL SWIM

**Women's Swimming:** Single gender swimming opportunities for women who because of cultural, personal or religious reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. Females age 12+ only. Call for details on swimming lessons and recreational swim times.

**Adult/Senior Adult Swim:** This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

**Lap Swim:** This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons. \*Exact change or Quick card required for Early Morning Lap Swim.

**Masters Workout:** This coached workout is designed for anyone looking for a lap swimming focused training program. Masters is a great cross-training opportunity.

**Family Swim:** This is a recreational swim time for families. A parent/guardian 18 or older (in a swimsuit) must accompany youth younger than 18 into the water.

**Public Swim:** This is a recreational swim for swimmers of all ages. Children under 6, and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

## FITNESS PROGRAMS

**Gentle Fitness:** Set to music, this shallow water exercise class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. Participants will work on building strength and increasing balance using the resistance of the water. This is a great class for those with arthritis and other joint conditions associated with age or injury. It is also a great class for pregnant women and people trying to manage their weight. All ages are welcome!

**Deep/Shallow Fusion:** Mix it up and enjoy either end of the pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high-energy water exercises. Spice up your fitness routine and splash your way to a healthier body. No swimming ability required to participate in the shallow end; participants in the deep end will use flotation equipment.

**Shallow Water Exercise:** A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

**Deep Water Exercise:** This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.